

Yoga Teacher Training

A well-rounded approach to the study of Yoga with an emphasis on, and immersion in teaching alignment-based asana, pranayama and meditation to all types of students.
Or your choice of weeklong workshops, or individual days.

with

Libba Harmon, M.S., L.Ac., E-YRT
Sept. 6-12, and Oct. 4-10
at Eco Venao, in Playa Venao, Panama

Curriculum

History/Lineage/Styles of Yoga
8-Fold Path of Yoga
Yoga Sutras (sacred texts)
Pranayama
Meditation

Chanting/Basic Sanskrit
Anatomy of Yoga Poses
Bandhas and Kriyas
Sequencing and Hands-on Adjustments
Modifications for beginners, pregnancy, injury.

Schedule

Each day's schedule is 9am-5pm. Each session will include a 10am-12pm yogasana class, which is open to the public. See syllabus for more details.

200-Hour Certification Requirements

These 2 trainings allow you to complete 100 hours of yoga Teacher Training. If you would like to study further and complete a 200-Hour Certification (certifiable with Yoga Alliance), please inquire with Libba.

Tuition

Early Bird registration for both Sep and Oct sessions: \$990 by August 15th
Early Bird Registration for Either Sept or Oct Session: \$480 by August 15th
Registration for any day(s) of your choosing: \$70 by August 15th

After Aug 15:

Sept and Oct Sessions: \$1,100
Either Sept or Oct: \$550
Any day(s) \$90

Required Reading

Bringing Yoga to Life, Donna Farhi
Light on Yoga, BKS Iyengar
Light on Life, BKS Iyengar
The Heart of Yoga, T.K.V. Desikachar
Meditations From the Mat, Rolf Gates

YogaBody, Mark Singleton
Yoga Anatomy, Leslie Kaminoff & Amy Matthews
How to Know God (Yoga Sutras), Christopher Isherwood
The Yoga Sutras of Patanjali, Sri Swami Satchidananda